

A sepia-toned portrait of Sri Swami Satchidananda, an elderly man with a long, flowing white beard and hair, looking slightly to the left. The background is a soft, out-of-focus landscape.

THE TEACHINGS OF
SRI SWAMI SATCHIDANANDA
APRIL / MAY 1986
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Integral Yoga

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UPCOMING EVENTS WITH SRI GURUDEV

MAY

24-25 VIRGINIA Mid-Atlantic
Yoga Teachers
Conference

JULY

19-20 Buckingham LOTUS
VIRGINIA Dedication
All Faiths
Symposium

AUGUST

8-10 London European Yoga
ENGLAND Union Seminar
31 Zinal International
SWITZERLAND Week, spon-
sored by
European Yoga
Union

SEPTEMBER

1-7 Zinal International
SWITZERLAND Week continues
8-9 Geneva
SWITZERLAND

holy days & other special dates

MAY

7 Rabindranath Tagore: Birthdate
8 Ascension Day (Christian)
10 Ramadan begins (Islamic)
11 Mother's Day (U.S.A.)
Joan of Arc Day (France)
18 Pentecost (Christian)
22 Lord Buddha's Birthday (Buddhist)
23 Full Moon
26 Memorial Day (U.S.A.)

JUNE

1 Children's Day (U.S.S.R.)
5 World Environment Day

7 Green Corn Dance (Seminole)
8 Sri Thirugnanasambandar: Birthdate
Children's Day (U.S.A.)
9 Dev (Sikh)
13 Shavuot (Jewish) continues through
June 14
15 Father's Day (U.S.A.)
21 Full Moon
Summer begins - Northern
Hemisphere
Winter begins - Southern
Hemisphere
25 Sri Manickavasagar: Birthdate

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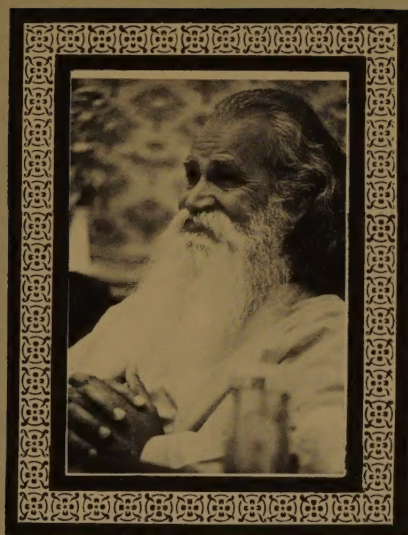


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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction at Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

You have shown me through your love, your life, your words that each day should be a Jayanthi celebration — that we are born to each moment!

Your presence in my heart has given me courage to look beyond the fragile walls of my ego. Your influence on my life has shown me a boundless world of love and wholeness. Your nurturing example has brought to my life a richness of purpose that I had forgotten.

I have found my true family of faith through you. My children and I have many loving brothers and sisters to rejoice with, and we are one in God's light.

Thank you so much for being!

R.G., Elmwood, Park, N.J.

Dear Friends at Yogaville,

Thank you for all your efforts on our behalf. It was a thrilling and wonderful experience. We can't begin to tell you how much we enjoyed it. We have never received such red carpet treatment anywhere!

Everyone was so kind and thoughtful. We appreciate all your hard work. We only hope we can reciprocate when any of you come to the New York area.

*The Rothenbergs
Clifton, N.J.*

I have to tell you a wonderful experience in Zinal [Switzerland] last year. One day I was listening to your lecture and I was keenly concentrated. Suddenly you began to shine marvelous white light, your whole being from top to toe was brightly shining, even the microphone was brilliant. This lasted quite a lot of time because all the time you were talking to the audience. I think that this was

Sri Gurudev

your Divine Self which I was able to see, wasn't it? This has stayed as a beautiful memory in my heart.

M.P., Finland

I would like to share with you a story about my work as a therapist. I have often prayed to you when I was counseling someone, and I have your pictures placed so that no matter where I am in my office, I can always see you.

I had this one client who had first come to me because she was so anxious and scared that she could no longer work or sleep. She was taking tranquilizers and she felt close to breaking down. I worked with her for about two years on controlling the mind, exploring her emotions and building her confidence. When it came to our last session, she began asking about you. (She had noticed the pictures.) So I told her about what a spiritual teacher is and what I had learned and am still learning from you.

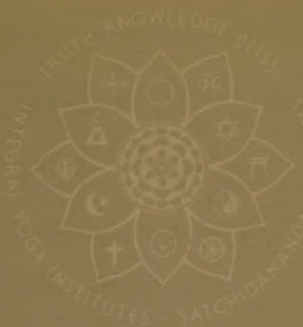
She said, "You know, I knew there was something else here because it's not the techniques that helped me; it's who you are. I can feel something else through you. You have been very lucky to have had this experience with your teacher and I have been very lucky to have known you."

So I humbly offer my thanks and gratitude to you for being there with me.

*D.B., psychologist
Boulder, CO*

Like the guiding star of Christmas, you shine so much light into this world and have "shone" me the way beyond this little prison to a world of harmony and joy along the gentle path of service and love.

J.B., Frontera, CA



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SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residence is in Buckingham, Virginia. He travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

THE MOTHER AND HER CHILDREN

by Sri Swami Satchidananda

*"Sambasada Siva, Sambasada Siva,
Sambasada Siva, Sambasivom."*

Saha means with, *Amba* means the Goddess. So *Saha-amba* becomes *Samba* – Siva with the Goddess. We always place Siva with the Goddess. Siva in this case means God; without the Goddess, God is just a *shava*. *Shava* means dead body. Siva, without Goddess, without energy, without power, without Kali, is *shava*. Kali is portrayed as dancing above the body of Siva. Siva is just lying down. What does it mean? Without the expression, the Absolute is just useless.

A dynamo is useless if it doesn't rotate. Every electrician knows that. A static dynamo is not even dangerous. Children can go, play, sit on it; they can put their fingers into it. It is dangerless and useless too. But the minute it begins to rotate, it produces thousands of watts of current. Then you have to put a fence around it and a sign: "Danger, don't go near." Only the proper electrician can go, with good protection, with insulated clothes. Only the electrician knows how to handle the running dynamo, not everybody can do that. You may say, "Oh, the electrician is just a human being like me. Why can't I do it too?" But if you touch it, you may burn to death.

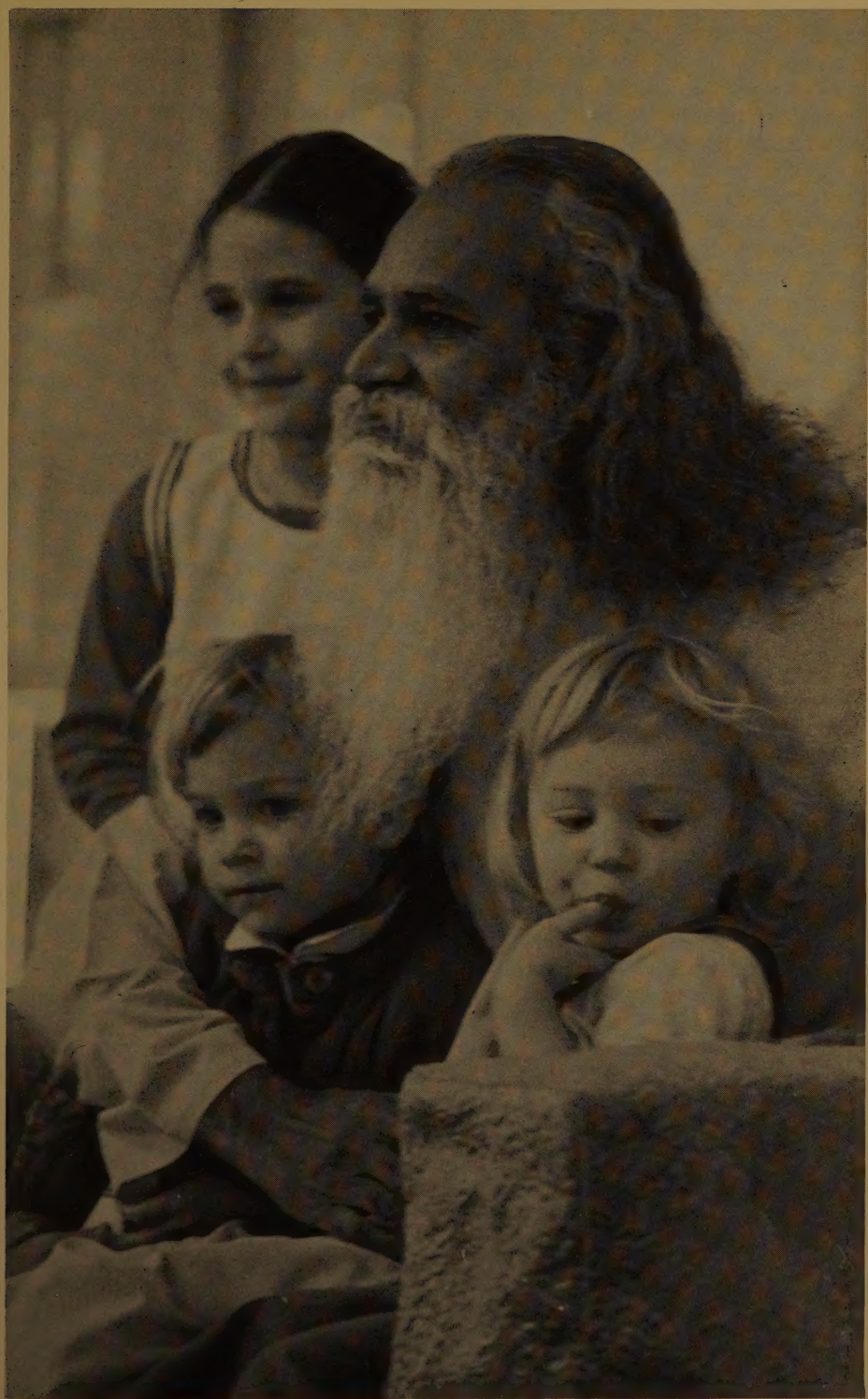
So Shakti is the moving dynamo; Siva is the motionless dynamo. Which do you want? Which is great? Both. They are equal. Without *sat*, there is no *chit*, and without *chit*, no use of that *sat*. God is everywhere, but what is the use if He just is everywhere? He must manifest in action. Current is everywhere, but what is the use? Tell me a place where there is no

electricity. If you know the basic principles of electricity, you know there is no place without electricity. Everywhere, even in space, you have electricity. Wherever you have atoms, you have electricity. The positive-negative force, electrons running around protons, right? An atom itself is a dynamo. Electricity is everywhere.

Then why can't we just use it? If you take a light bulb and hold it in the air, will you get light? No. It doesn't seem to work. Sri Ramakrishna said: "Milk is throughout the body of the cow, but you can't just pull her ear and expect milk. Only at the udder will you get the milk."

It's the same with electricity. It is everywhere, but you can't get it directly. You have to get it through a generating station. When the dynamo moves, it gathers, it collects the energy and passes it to you through cables. If electricity doesn't express itself through a dynamo it is of no use to us. It is just there. So the manifestation is necessary. The expression is necessary. Mere being is not enough. Express yourself! Current is everywhere. Can you just take a cup of it, pour and swallow it? Can you just go and hold the current and say, "I am getting light?" Or just touch the wire and get music? You'll get a different type of music, no doubt – a shock.

So again, to use the electricity, you should have the right gadgets. It depends on what type of use you want to put that current to. If you want to get music out of it, connect a radio. If you want light, connect a light bulb. If you want food, connect an oven. If you want to cool yourself, get an air conditioner. So what is the



function of electricity then? What is its quality? Cool, hot, vibrating, moving, running, musical? Can you pinpoint the quality of electricity? No. By itself it seems to be free of any quality. There is no quality. According to the gadgets you connect, it expresses various qualities. The difference is in the gadgets, not in the electricity. If somebody comes and says, "In our house the electricity always sings," another person will say, "No, no, in our home the electricity cooks."

"Fool, how can electricity cook? It can only sing, nothing else."

A third person may say, "It neither sings nor cooks, it is only to give light."

Who is right? Who is wrong? One is right in saying that the electricity cooks, but he is wrong in saying that electricity can *only* cook. The "only" makes the trouble. But the electrical engineer knows everything. He or she knows the electricity cannot do anything without the gadgets.

The difference is in the gadgets, not in the spirit behind, the life behind, the force behind. You are all the gadgets. The same current runs through you all. One sings, the other swings, one steals, the other catches. The difference is in the gadgets, that's all. The power that motivates the police officer and the power that motivates the robber are the same.

Certain gadgets do not function. Sometimes, when you plug in a lamp, you don't get light. You see all the connections, the wire is there, the holder is there, but you don't get the light. What does it mean? Everything is okay. The switch is on, the electricity is on. So what is wrong? The bulb. The bulb looks right – beautiful, colored, good-looking. You don't see anything wrong with the bulb. But there inside the bulb, which you do not see easily in a frosted bulb, is a filament. The filament is a tiny little thing. When it gets fused, to all outward appearances it will look similar to any other bulb. But it won't give any light.

You can see many bulbs like that running around. No filament. They never shed light. They go and "connect" – pray,

sit, meditate, do everything, take all the retreats possible – but no light. Certain other bulbs give light, but less than the others. The voltage is the same, but they give less light. What is the difference? Coloring? No, it is the same color. Quality? No, the quality is the same. It's the *quantity* of the filament. In a 100 watt bulb, you have a longer filament inside. In a 60 watt, less filament. The area that is allowed to glow is less. That means: if you have a longer filament you get a better glow, you get more light. The more you expand the filament the more you shed light.

What is the filament here? The heart. The mind expands it. If you are a very narrow-minded person you get only a very little current. If you expand your mind more and more, you get more current. You shed more light. The size of the bulb remains the same, 40 watt, 60 watt, or 100 watt bulb. The size, shape, and everything seems to be the same. But the filament expands.

Open up your heart, don't be narrow. Then you get the current. The current is the same everywhere. It is the cosmic current. There is only one generating station. It sends light, without wire. We are all different gadgets. Some are built as a radio and they sing beautifully. You need not be jealous of that singer; he is built as a radio, so let him sing. You do *your* work. If everyone becomes a radio, we will be singing in the darkness. Some should be bulbs also, some fans, some stoves. We need everything. A nice vibrating chair, an air-conditioned room, nice soft light, then the music will be nice. So don't think that all must become *one* thing. We need variety. Each contributes to the other. So who is great and who is small? None. All are equal. The play of *maya* can easily deceive you. Who is the greatest among all? The one who knows his or her true nature, the true Self. The great devotee Hanuman once said to Lord Rama, "Rama, this is my realization: whenever I treat myself as the body, let me be your servant. When I feel that I'm the Self, then I'm you." If you think of yourself as the

body, become a good body. "Yes, I'm the body. You're the master, God. You are the electricity flowing through this body; without You I can't even move. Thy will be done. I'm the tool in Your hand. I've been given the awareness just to know that I'm the tool."

Breath Comes In

I can prove that without that cosmic force of God we cannot even move. We're all interested in living, is it not so? Nobody wants to die. What is the most important thing that is necessary to live? Even without bread we can live, without water we can live, but not without the breath. How many times do we breathe in a given minute? The average amount is five breaths in and out. When you say you are breathing, it seems that the air comes in and goes out, does it not? It comes in fifteen times and goes out fifteen times. If it doesn't come in, will you live? Fifteen times a minute it goes out of you, right? That means you are almost dying. Does it say, when it goes out, "I'm just going out; I'll come back soon?" Does it tell you? Are you aware of it? Many people are not even aware that they're breathing. Do you consciously do that? No. Whether you remember it or not, whether you know it or not, the breath comes in and goes out. If you are interested in living, and if you know that the breath is the most important thing for your life, you should get scared every time it goes out. "It's going! Will it come back?" We don't even worry about it. But it comes back. How? Nothing moves without a force behind it. There must be a command, a consciousness that controls everything, that moves everything. So what is it that sends back the air when you yourself are not interested in getting it back? Nature or God or some force, some cosmic force which takes care of everybody. And that cosmic force wants you to live even if you forget it.

Do you agree that you are not living just because you want to? Call it God, cosmic consciousness, nature, anything. Call it any name. Somebody is causing

you to live, somebody who is interested in your living.

Who will take care of my glasses? Every time I take them off, I clean them, put them away in a nice case. Why am I interested in treating them so carefully? Because I am using them. If I don't use them, will I carry them? No. If they are of no more use to me, I will just discard them. Do the glasses demand, "Oh clean me, put me in the case, take care of me"? No. I need their service so I take care of them.

Now, somebody is taking care of *you*. Why? She needs your service, so She keeps the instrument clean, alive, well-sharpened. If you take care of your car, it's not because the car asks you to. It's because you use it.

What does it mean? We're all instruments. She or He has created the instruments. She made different instruments for different purposes. And again, all the instruments need not be the same. If you are going to a workshop, you see a chisel, a saw, a knife, a file, a screwdriver, a pair of pliers, a hammer, all kinds of tools. They're not the same size or shape. The workman knows what to use and when. When he needs the hammer, he will use the hammer. The pliers should not be jealous of the hammer. "Oh what is this, I have just been lying here since yesterday and you seem to be using only the hammer, why not me? You seem to be favoring that one! You should be impartial; you must use all of us equally." When he wants to use the pliers, he will use them. When he wants to use a file, he will use it. Until then, their duty is just to be in place. That's why we are all built in different ways. God will use everybody in the proper way.

Saint Ramalingam sang to the Lord, "Lord, You are feeding me, so I am fed. You are putting me to sleep, so I am sleeping. You are showing me things so I am seeing them. You are making me happy, so I am happy. You are pulling me, so I am shaking. Not only me, the entire universe is like that, I know. Therefore, what do You want me to say to You? All I want to tell you is this: that I noticed, that's all.

If you want me to praise You, make me praise You. If You want me to worship You, make me worship You. You get things done. All I can say is, I know that and I'm ready. I'm prepared, like wood is carved or stone sculpted."

With this attitude, where is the room for egotism? Where is the room to say, "I did it, I built it, I'm going to rescue that person, I'm going to save that person."? There's no "I" at all then.

The Self doesn't do anything, neither myself nor yourself. As Self, I don't need to preach to your Self. The Self is just there. Silent. All this preaching comes from a mind that gained a little knowledge. It's a little pill for the ego, that's all. Don't think that the guru is egoless, talking to you. If he is egoless, he won't be of any use to you. Even to come here, sit up and talk to you, there must be an ego. The only difference is there is no greed, that's all. But the Self need not and cannot say anything. It's just there. As Self you don't need any instruction. So it is on this ego level, intellectual level, emotional level, physical level that we are communicating.

Getting Tempered

If one knife is blunt, you use another knife to sharpen it. Don't you do that? In the same way, a tempered knife tempers the other knives. Do you know how to temper steel? Heat it, then all of a sudden cool it. It's not necessary that I or some other teacher should do it; Nature herself does it. The Nature is the bigger guru. She is the Mother. Sometimes she makes you a little high, excites you; you get all warm. All of a sudden, she freezes you. That way you get tempered. Scientifically, what is tempering? Crude iron is mixed with carbon. Every time you heat and cool, some of its impurities are burnt away; it gets cleaned. When it gets cleaned well it becomes steel, and it is tempered. So this crude iron is being treated to be tempered.

When the treatment is complete, you are a tool, an instrument - you just know that. That is what you call knowledge. We seem to have forgotten it. When we know

the truth, God is so happy. "Wonderful instrument, I can handle him any way I want." But some are possessed with the egoistic devil. So any time She or He wants to use them in some way, they twist another way. She says, "What is this, I have to fight with this tool." Something like a loosened car, if you steer it this way it goes that way. So keep yourself in good shape so She can use you well. Don't allow your ego to come in between. Let Her handle it. That is what we call renunciation or surrendering. You don't even need to choose what to do. God will decide what to do with you.

But our ego is terrible. Even in surrender you say, "Oh, I let God do everything, but don't you think I should do something? God helps those who help themselves!" That is also a type of *Bhakti*, a type of devotion, no doubt. But unfortunately, then, even in surrendering, a little ego slips in.

One group of devotees says, "You have to surrender. You have to depend on God; but still you have to hold onto Him." Have you ever seen the mother monkey jumping around with the baby monkey? Go to the jungle some day and see these things. When you really go to the jungle and learn from Nature, you'll learn many, many beautiful things. Everything will teach you a lesson. The baby monkey catches the stomach of the mother. It holds with the forepaws and the legs. It will hold her entire body, hanging underneath. The mother monkey will not even worry about the baby. She will just jump from branch to branch; it's the baby's duty to cling to the mother. Whenever the baby wants to go somewhere, all it has to do is take hold of the mother and then the mother will jump. When the mother jumps from branch to branch, who will have the fear of falling down? The baby. The baby is depending upon its mother, no doubt, but it still depends on its own strength. "God, I won't leave You, I'm holding on tight."

There is another animal whose baby also depends on the mother for its movement. The kitten. That, probably, you've

all seen. Whenever the kitten wants to move, all it has to do is meow. The mother will come, pick it up by the back of the neck and jump here and there. When the mother jumps with the baby, who will have the fear of dropping the baby? The mother. Both the baby monkey and the kitten depend upon their mothers for their movement. But in the first case the anxiety is in the heart of the baby monkey, whereas with the cat the responsibility rests with the mother. The kitten is totally free. "It's none of my business. You take me wherever you want. I don't know anything. All I know is to meow."

So there are two different schools of thought, even in surrendering. One group says, "You must be like a little monkey and hold and then She will take you." The other group says, "Even to hold on, where could I get the strength if She is not to give me that? So, why should I worry? I am Her child."

That's why all the great saints have said, "Forget all you have read; go back to childhood." Children are the kingdom of heaven. Become a child again; you are saved. Just say, "I don't know anything." If you think you know even a little, you are in trouble. If you want to know something, know that you don't know anything. The real knower is Somebody within you. It doesn't matter, wherever you are, whatever station of life, stay totally free from egoism. That is the only thing that is necessary. You may be a *sannyasi*, you may be a householder, you may be single, you may be illiterate, literate, rich, poor. No matter who you are that is the best form of liberation.

So where did all this begin? With Siva and Shakti, the Absolute and His expressions. So, that is what the *Shakti Purana* says, "Without the Shakti – the Divine Mother – neither Siva nor Brahma nor Vishnu can do anything. Even the three functions – creation, preservation and destruction or dissolution – cannot be

done without the Shakti."

Anything that moves is the expression of that power – Shakti. That is the reason why you say Mother Nature – not Father Nature. So let us know the greatness of the Mother. Let us know that She is functioning within us. She is taking good care of us. We are always Her children, whether we are good or naughty. She still loves us. Just love Her. Allow Her to take care of you.

Even great Vedantins like Sri Shankara – who said that God is without name, without form, Absolute – used to sit for hours and hours worshipping the Goddess as Saraswati. He was a great Vedanta exponent, but he was a great devotee too. He established great temples for the Goddess. At the same time, he said, "God is nameless, formless. Don't even worship images. You are that Brahman." If you asked him about the contradiction, he would say, "Well, that is the Truth, but the Truth is of no use by itself." Like wheat, it should be cooked into bread to be useful. Only Mama can do that. You can't eat it as it is.

All the great Vedantins were Mother worshippers. Look at the great Sri Ramakrishna; he worshipped Mother Kali. Sri Swami Vivekananda was a great worshipper of Siva and Amba. They were all great *bhaktas*.

So let that Bhakti be with us. Let your heart melt. Be devoted. Recognize that Highest Power that functions through you. That is the only way to be at ease and at peace with everybody. Don't just listen to me and go away. Think about it well. Think of the greatness of the Mother. Put aside all of your intellectual gymnastics. We're not going to gain anything with all of these intellectual fights. The world is seeing enough troubles with all our so-called intelligence. Let us learn to use the heart.

–from Living Yoga



GET NEARER TO GOD

by Sri Swami Sivananda

Maya is the Lord's illusory power. God creates through *maya*. It is *maya* that makes the one universal spirit appear as many, as embodied in multiple forms, and delights in the same objects, the false ideas of "I" and "mine." Total, unreserved self-surrender to the Lord alone will enable you to cross this *maya* and attain His lotus-feet.

Bhakti Yoga *sadhana* is to unfold yourself continually and to endeavor, continually, to get nearer to God. The more you unfold yourself, the more guidance you will receive and the more power you will manifest.

O man! Conquer thy craving. Conquer thy attachment. You will soon attain God-realization. In meditation the mind is turned back upon itself, the mind stops all the thought waves.

Truth is love. Love the Lord. Speak truth. Cultivate pure, unselfish love. Rest in truth. Rest in the Lord of love. Make your heart empty of all other things. Then alone will God enthrone Himself in your heart. Equal vision is the test of God-realization and the way to God is through the heart.

God can be realized through faith, devotion, surrender and meditation. Trust

in the Lord. Surrender yourself to Him. He will bless you with peace and plenty. He will bestow upon you all health, prosperity and success.

Worship the Lord with true devotion. Lead a life of purity, humility and selflessness. Remember God. Take His name always. Meditate upon Him. Know the Lord to be the one reality in the midst of unreal things.

Think often of God, by day and by night. He is always near you and with you - He dwells in the chambers of your heart.

Dedicate all the fruits of actions and the action itself to the Lord. This is the entrance to devotion and freedom from bondage. Worship the Lord continually. Live with Him. Put your trust in Him. Think of Him continuously and you will dwell with Him.

Pray to God sincerely for strength and patience to bear pain, but not for deliverance from pain. Pain is a blessing from God. He employs it for your spiritual upliftment and emancipation. Be satisfied with any condition God places you in. God is nearer and more effectively present in sickness than in health. He is your unequalled, supreme physician and surgeon.

We have received word of the passing of Devi Boyd.

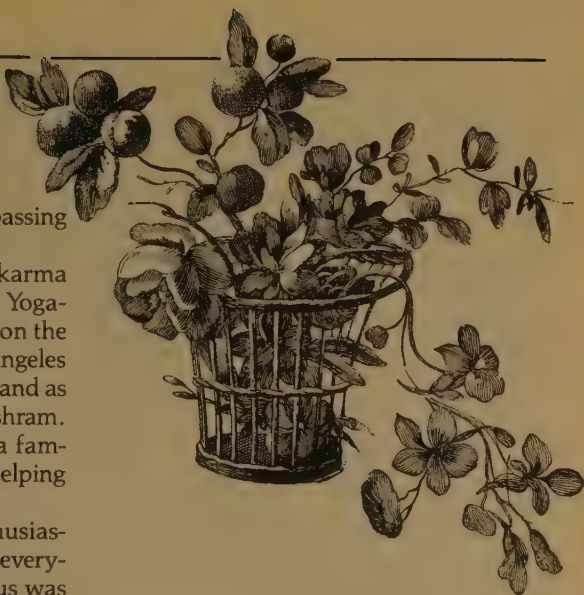
We remember Devi as a tireless karma yogi. She contributed so much to Yoga-ville West in past years and served on the Executive Committees of the Los Angeles IYI and the Santa Barbara Ashram and as Treasurer of the Santa Barbara Ashram.

Despite the fact that Devi had a family, she spent most of her time helping others.

Her cheery disposition and enthusiastic attitude was a good example to everyone. Devi's attitude toward all of us was one of concern, love and motherliness.

Although Devi has been called for other service, we remember her with deep appreciation.

*The Reverend Ishwara Cowan,
On behalf of Satchidananda Ashram
and the California IYIs*



DEVI BOYD —In Memoriam

Books by SRI SWAMI SATCHIDANANDA

INTEGRAL YOGA HATHA

"The classic Hatha Yoga manual." — Whole Earth Catalog

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Sri D.D. Gupta with Sri Gurudev

IN MEMORIAM— Sri Dina Dayal Gupta

Upon receiving the news of the passing of long-time devotee Sri D.D. Gupta on the 4th of December, 1985, Sri Gurudev said the following:

"Sri Guptaji was the embodiment of humility and devotion. He was a devotee par excellence and very dear to my heart."

For those devotees who had the good fortune of traveling to India with Sri Gurudev, many had the opportunity to meet Sri D.D. Gupta. He and his family always helped graciously host Gurudev during his visits to New Delhi, where Sri Guptaji lived. *Satsangs*, lectures, and temple visits were also lovingly arranged by Sri D.D. Gupta for Gurudev and devotees. He kept in constant communication with Sri Gurudev through letters as well as a profound inner link. Never did a Jayanthi or a Guru Poornima pass without a telegram or poetry written for the occasion sent by this beloved devotee whom we all knew and loved.

The Integral Yoga Institutes and Sat-chidananda Ashrams join Sri Gurudev in sending our heartfelt prayers and sympathies to Mrs. D.D. Gupta and family. As Gurudev himself said, "Though we will sorely miss his physical presence in our midst, we know that he has attained to the Holy Feet of the Lord. This being his sincere desire, we must feel content that it has been fulfilled."

We are very pleased that Mrs. D.D. Gupta is still planning to attend the LOTUS Dedication. As she has written, "I shall consider it a great honor to be present at the Dedication Ceremony. In doing so I shall consider myself doubly blessed. Not only will I achieve a great Pilgrimage, I will also be able to fulfill the most ardent desire – that is, being with you on this occasion – which my late husband carried away with him."

—Swami Premananda Ma



LOTUS '86—HIGHLIGHTS OF A GLORIOUS EVENT

by Jnanam MacIsaac, LOTUS '86 Coordinator

The World Faiths Symposium in Charlottesville, Virginia, and the Grand Dedication of the Light Of Truth Universal Shrine (LOTUS) will take place this summer on the 19th and 20th of July. Visions of a glorious and jubilant weekend are guiding the planning and preparations.

The Symposium will convene at the Performing Arts Center in the Charlottesville High School complex on Saturday morning, the 19th of July. International luminaries representing the various faiths will share their reflections and insights on the theme "Truth is One, Paths are Many" and explore spiritual unity in diversity. Among our esteemed guests, those participating will include: Santhalingam Ramaswamy Adikal, Sheik Mubarak Ahmed, Yogi Bhajan, Mr. Gerard Blitz, Rabbi Shlomo Carlebach, Diane Cirincione, the Venerable Gesshin Prabhasa Dharma, Wallace Black Elk and Grace Spotted Eagle, Rabbi Joseph H. Gelberman, the Venerable Maha Ghosananda,

Sri R. Krishnaswamy Gownder, Mr. Hari Harilela, Reverend John F. Hotchkin (representing His Holiness Pope John Paul II), Barbara Marx Hubbard, Dr. Gerald G. Jampolsky, Justice P.S. Kailasam, Sant Keshavadas, Acharya Muni Sushil Kumar, Dr. N. Mahalingam, Sri C.V. Narasimhan, Father C. Joachim Pillai, Sri N. Ghiridhari Prasad, Sri S. Ramakrishnan, Dr. Seshagiri Rao, Zen Master Seung Sahn, Dr. Karan Singh, Br. David Steindl-Rast, O.S.B., Sri C. Subramaniam, Sri Sundara Swamigal, Mr. Tenzin N. Tethong (representing His Holiness the Dalai Lama), Kirupananda Variar Swamigal, Sri Swami Vishnudevananda, and many more distinguished speakers. Other invited guests include Justice R. Sengottuvelan and Sri Swami Madhavananda of Rishikesh.

In the afternoon the Symposium will continue and a spectrum of sacred music and dance will demonstrate the unique attributes of the different religious tradi-

tions. After dinner, we will gather again for the Gala Evening Celebration with performing artists and a special guest appearance by famed singer-composer, Carole King. The evening program features a Tribute to Sri Swami Satchidananda on the 20th anniversary of his arrival in America and his ecumenical service in the West. Awards will be presented to dignitaries.

On Sunday, the 20th of July, the Grand Dedication will begin at Yogaville with an elephant-led procession from the top of LOTUS Avenue, complete with the LOTUS float, a torch bearer, colorful banners and balloons, and perhaps even a marching band. There will be an impressive turreted tent set up near the LOTUS which can seat well over 1,000 people for the interreligious worship service and entertainment program. Other tents at the LOTUS site will house the LOTUS gift shop, refreshments, information, and press information.

Following the ecumenical worship service and the celestial tones of the LOTUS Choir, Sri Swami Satchidananda, the celebrants and the visiting dignitaries will proceed toward the Shrine for the official ribbon cutting. Inside the LOTUS, the alcoves in the All Faiths Hall and the altars in the upper sanctuary will be unveiled. Finally the central Light will be illuminated. At this exalted moment in time, horns, bells and firecrackers will resound throughout the LOTUS Plaza, water from the surrounding fountains will burst forth in celebration; and balloons, doves and many hearts and minds will soar. Everyone attending will then have the opportunity to enter the newly dedicated LOTUS.

After the blissful morning events, a Chinese vegetarian luncheon will be served at the LOTUS site. In the late afternoon a spectacular show of entertainment will begin with eminent performers such as master sitarist Roop Verma. Sri Gurudev is planning to be present at all of the programs. After a few hours, toward late evening, a light dinner will be served; and, at dusk, a beautiful festival of lights will

commence with a candlelighting ceremony for world peace and a fireworks display over the LOTUS lake. The entire LOTUS '86 program will be an auspicious commemoration of Guru Poornima, and there will not be a separate observance this summer.

The program and other plans may change as we continue to receive acceptances from renowned speakers, religious leaders and performing artists. An updated program will be distributed to all participants upon arrival at LOTUS '86 events.

Sri Swami Satchidananda is the visionary and motivating force behind the Light Of Truth Universal Shrine. The LOTUS belongs not only to those who have been drawn to his teachings and ideals, but to everyone, the universal family. LOTUS '86 is our event, its message is for all, and its opening is a cause for worldwide celebration. Let us live together in understanding and peace.

Reservations Required

First-class hotels and the University of Virginia dormitories have been reserved at a convention rate for the occasion. Reservations can be made directly with the Ashram using the form in the registration brochure which will be mailed out in mid-April. No accommodations are available at the Symposium itself, and the LOTUS Inn at the Ashram will be unavailable during the month of July. The early-bird fee for the Symposium is \$75 if one registers by 23 May and \$85 after that date. Special rates apply for guests coming from outside the United States. Advance registration is required and must be received by 7 June. In order to fully enjoy the Symposium, which begins early on Saturday morning, the most advantageous arrival date into Charlottesville will be Friday the 18th or Thursday the 17th for those coming from abroad. Child care will be provided on Saturday, and to encourage children's attendance at the Dedication on Sunday, no child care will

be provided. However, a tent will be available for children accompanied by parents for times when it may become necessary to leave any of the programs.

On Sunday, buses will be available to and from the Ashram and Charlottesville for the Grand Dedication. We are encouraging everyone to use this service in order to avoid traffic congestion at the Ashram. Buses will leave Charlottesville in the early morning with return rides after lunch and again after the final program in the late evening.

The entire Sunday program at the LOTUS is complimentary and open to all, and no contribution is required. However, advance reservations are a must in order to attend. The meals will be catered and we need to know the amount of people to provide for well in advance so that no one will feel a lack of gracious hospitality or food.

The karma yoga staff forces are beginning to converge at Yogaville and preparations are gaining momentum. Please get in touch with us if you too wish to come ahead of time and join the karma yoga team. The LOTUS Committees are also

open to receive your ideas, suggestions and energy. As Gurudev has expressed, we can all be proud of this momentous occasion, and everyone has the opportunity to take part in small or more involved ways.

The LOTUS Souvenir Journal, a lovely commemorative volume which among other features will document the LOTUS from its very beginning to the Grand Dedication, will be available on this auspicious occasion. Individuals and businesses are now being heartily invited to sponsor a message in the Journal.

So many have already been generous in giving their energy to LOTUS in the form of financial contributions. There is still much more to be done on the construction, as well as the Dedication, which will involve sizable expenses. Whether small or large, monetary offerings are most certainly welcome.

If you have not already received a registration form and brochure and wish to have this or other LOTUS '86 information, please contact: LOTUS '86 General Coordinator, Route 1, Box 172, Buckingham, VA 23921, Tele. (804) 969-3121.



A crowning achievement! Sri Gurudev supervises as the cupola is placed on the LOTUS.



A FLOWER OFFERED TO GOD

by Sister Pushpa Chaitanya

September 8, 1987 will mark the 100th birthday anniversary of His Holiness Sri Swami Sivanandaji Maharaj. To commemorate this great milestone, the Satchidananda Ashram has undertaken the construction of the Sivananda Centenary Hall, planned to be a large *satsang* hall at Satchidananda Ashram - Yogaville in Virginia.

On the 11th of March Yogaville was blessed with the arrival of Sri Swami Chidanandaji Maharaj, International President of the Divine Life Society, to dedicate the new hall. The 12th of March was the date for the dedication of the hall which was most lovingly and reverently named for the great Master of our own beloved Gurudev. The ceremony was conducted in front of the newly installed 6'x8' portrait of His Holiness Sri Swami Sivanandaji Maharaj, giving one the sense that he was truly present to receive our *puja*, *satsang*, chants and prayers.

Master Chidanandaji told us that just as the LOTUS (the Light Of Truth Universal Shrine) will be the center of our international community, the Sivananda Centenary Hall will be the center of our local community.

He said that as this hall would be the main center of our village's daily and special activities - meditation, prayer, *satsang*, programs, and meals - we must commit ourselves to regular and sincere participation to make it a truly spiritual gathering place. With Sri Swami Chidanandaji's stirring words, deeply devotional *puja* and whole-souled chants, prayers and songs, Yogaville has been deeply blessed with a most auspicious beginning for its sacred new hall.

The night before the dedication ceremony, Swami Chidanandaji gave a powerful and loving *satsang* to the many devotees who came to have his *darshan* and hear his penetrating and illuminating words. With great force of feeling he dedicated his *satsang* to the future glory of the LOTUS.

He spoke very directly of the subtle snares of maya, which he congratulated the ashramites for escaping. With great energy and joy he told us: "Every morning after you wake up and greet the sun you must look at yourself in the bathroom mirror. First and foremost you should say, 'You're a lucky guy. Congratulations!' Then after saying that, you must say: 'First of all let me thank God. It is because He has done what He has done that I am now able to congratulate myself. Lord, thanks, thanks, many, many thanks. I offer the gratitude of my heart. Thanks to You. Now, I have only one little request, one little prayer, one petition: that I may be worthy of this great Grace that You have showered upon me; that by my life I may prove my gratitude; by my life I may prove my appreciation of the value of the gifts that You have rained upon me, the spiritual ideas that You have given me, the spiritual light that You have brought into my life so that I may be able to successfully attain that ideal, live up to that ideal. I thank you for the spiritual help You have brought into my life in the form of a spiritual teacher, a Master, a living light and guide - and an example - so that I may be able to walk in the right direction, take the right path and attain the great Goal.'

"Thus, every day give thanks. Send



Sri Gurudev conducts a special ashram tour for Sri Swami Chidanandaji.



Two masters honor their master. Sri Swami Chidanandaji (l.) and Sri Gurudev perform *puja* at the Sivananda Hall dedication.

your heart's gratitude to the Lord. Strive your very best to see that your life is such that you continue to deserve this grace, and continue to be worthy of such blessings all the days of your life. Then, as sure as the sun rises in the east, in this very life, in this very body, you will succeed in unfolding the perfection which you are."

In a beautiful and poetic way Sri Swami Chidanandaji reminded us how to achieve that worthiness:

"In the garden of your heart, plant and carefully nurture and grow the blossoms of forgiveness, the blossoms of friendliness, the blossoms of truthfulness, the blossoms of purity; the flowers of peace, goodwill, forgiveness, straightforwardness, love, forbearance, patience. Offer *shanthi* (peace) as a flower to the Lord. Offer purity as a flower to God. Offer mercy and compassion as a flower to God. Offer humility as a flower to God. These indeed are the flowers that God cherishes most. Worship offered with these flowers is the supreme worship. It brings you into close union with God."

In many ways he exhorted us to: "shine as the Divinity that you are!"

Chidanandaji Maharaj ended his *satsang* by saying: "I give thanks to the Lord for having brought me into this holy and sacred ground of Yogaville . . . and I give thanks to Swami Satchidanandaji Maharaj for having very lovingly asked me to come here and share this wonderful experience of all the wonderful things I am seeing here. He has really created a nuc-

leus center of great spiritual force and power and light here. Much good will come out of it. That is for sure, because Swamiji has the full grace and blessings of the Guru Maharaj Swami Sivanandaji."

Gurudev offered loving and heartfelt thanks to his dear brother monk. Then he addressed the ashramites. "Great! What a great blessing. Now you have heard Chidanandaji Maharaj's words, and there's so much for you to do . . . So, I hope you will really experience the benefit of this beautiful *satsang* . . . let's not dwell in *tamas* (lethargy). We have work to do. Great masters come and give the messages but we have to work on their teachings. So, may Gurudev Sivanandaji's blessings and all the great blessings of all the great sages and saints be upon us to follow this beautiful message and to experience that joy."

On the last day of Swami Chidanandaji's visit, Gurudev conducted him, his respected assistant Swami Vimalanandaji and several of his radiant devotees on a special guided tour of the Light Of Truth Universal Shrine. At the center of the sanctuary, Chidanandaji Maharaj chanted and prayed and bestowed his blessings upon this Shrine dedicated to peace and universal understanding, and upon all who enter there. Our beloved "Uncle" Sri Swami Chidanandaji Maharaj's chants and prayers will reverberate not only within the petaled walls of this beautiful Shrine of Light, but in the hearts of all members of Yogaville.



My dear brothers and sisters, we are already one. What we have to become, is what we already are.

—Thomas Merton



Soaring Beyond Bars **EARLY MORNING ENCOUNTER**

by Jeri Becker

It is my practice to take an early morning devotional walk on the least traveled area of the prison grounds each morning before reporting to work. This being Sunday, there is no work assigned; so I was able to take an especially prolonged, lingering contemplative excursion. I had been chanting my *mantram* mentally in my cell, and when I reached the Recreation Field to do my circular walking, I was delighted to find I was nearly alone. Probably the thin coating of hoarfrost on the ground was keeping a lot of the early morning walkers and joggers inside.

My earlier mental chanting spontaneously became an audible vibration. As I came full circle around the dirt track, I was surprised and entranced by an awesome greeting from God – the mountains in the distance, usually barely visible beyond the heavy smog, were standing majestically in crystal clarity. And their peaks and slopes were adorned with snow. I imagined them to be not unlike the foothills of the Himalayas. (I've read

and reread Kailash Journal in the recent past.) Often, on those occasions when the tops of the mountains are visible to me through the smog-haze, I imagine Gurudev smiling from some hidden path or precipice up there on the peaks.

This morning, as I stood transfixed, with the chant still flowing outward, awed by the splendor and wonder of God's manifestations and presence, I looked to the spot where I like to imagine Gurudev, amid the frozen blue and white peaks. And there, suspended by some peculiar arrangement probably due to the unique fluctuations in the climate, was a solid mass of cloud in the shape of a tall column. The mass was stationary; but around the edges, loose stray strands were whipping and floating in very slow motion – as if caught in some flowing Tai Chi movement.

I watched this phenomenon for a seemingly timeless period, then took a part of it back home to share.



DAY BY DAY WITH SRI GURUDEV



On January 7, Sri Gurudev flew to Hong Kong at the invitation of longtime friends and devotees, Mr. and Mrs. George Harilela. Their daughter, Miss Kantu Harilela, was married to Vijay Vaswani on the 9th of January and the Harilela family felt that the couple was especially blessed to have had the presence of Sri Gurudev with them for the occasion.

During his stay in Hong Kong, Gurudev was also invited to be a special guest speaker at the Rotary Club of Kowloon. Mr. Hari Kima, Rotary Club president, invited Gurudev to address the members just before the main speaker, Mr. G.P. Blenkinsop, the Commissioner of Rating and Evaluation. Gurudev opened his talk saying, "I am glad to precede the Commissioner because rating and evaluation are important subjects. How can we rate and evaluate properly? By keeping a neutral and balanced mind. A judge must have a neutral vision to evaluate a case." Gurudev also spoke about the Rotarians being "true yogis." The motto of the Rotarians is "service above self." Gurudev said, "That is the real yogic attitude of Karma Yoga."

Kowloon is a very busy, industrious city. The name Kowloon means Nine Dragons and it was named this because there are nine ridges of foothills running from the mountain range to the sea. The picturesque name of Kowloon remains to designate the mainland portion of the metropolis of Hong Kong. Mr. Mohan Harilela graciously escorted Gurudev for several tours around the city. Gurudev was in search of a beautiful Chinese statue to display at the LOTUS to represent the Chinese people. Although they searched

through many stores and looked at various colored dragons and statues, they found nothing suitable. When Gurudev returned to the Harilela mansion, Mohan Harilela looked at the two large Chinese lion statues in the entry hall and suggested that Gurudev take these home for the LOTUS. Mrs. Hari Harilela immediately asked Gurudev to accept this wonderful gift, and she made arrangements to have the statues sent to Virginia.

On the 19th of January, Mr. George Harilela organized a lecture at the Harilela mansion. Many people from the Indian community attended, but surprisingly, most of the people were Chinese. They had a strong interest in yoga and Gurudev's teachings. Another delightful surprise was to see the beautiful group of young people who were members of the Divine Life Society in Hong Kong. They sang the Divine Life Society *kirtan* and several of Sri Swami Sivanandaji's English songs, too. It was a great experience to once again see how far-reaching and with what impact the yoga of Master Sivananda has traveled. It was a joy to hear their *bhajans* (devotional songs) which preceded Gurudev's talk. Joining the newer listeners were the senior Hong Kong devotees, including Eva Kwan, who translated Gurudev's talk into Chinese, Mrs. Chan with many members of her family, Mr. and Mrs. Dadlani and Mr. and Mrs. Rathour.

Mr. and Mrs. Dadlani asked Gurudev to come bless their home and shop. Mrs. Dadlani told Gurudev how positively she had been influenced by his words which appear monthly in the *Bharat Ratna* magazine. At their home, Gurudev met Mrs. Dadlani's cousin who was expecting



An auspicious wedding day. Sri Gurudev blesses the marriage of Vijay and Kantu Vaswani.



Mr. Hari Kima, president of the Hong Kong Rotary Club, listens as Sri Gurudev addresses the members.

her third child any day. Mrs. Dadlani asked for Gurudev's blessings that her cousin give birth to a healthy boy. Gurudev responded, "It has been given already." With that encouragement and his blessings, the family felt that they would soon realize their heart's desire. The next morning Gurudev received a telephone call letting him know that a healthy baby boy had just been delivered to the family.

Mr. and Mrs. Hari Harilela were scheduled to leave Hong Kong for America soon after the wedding, but, before they left, they hosted Gurudev for a lovely dinner at their restaurant, The Baron's Table, in the Holiday Inn. Grateful thanks to Mr. and Mrs. George Harilela, Mr. and Mrs. Hari Harilela, Mr. and Mrs. Mohan Harilela, and the entire Harilela family for all the love and care they showered upon Gurudev.

Glimpse of Self

On the 22nd of January, Gurudev arrived in Melbourne, Australia where the local devotees greeted him. He immediately flew by private plane to Satchidananda Ashram, Yogaville, Australia. The plane landed at LOTUS International Airport's counterpart, where Sri Krishna Yogi and all the Yogaville devotees were eagerly waiting for their spiritual teacher. The weather that greeted Gurudev was quite different from other years when Gurudev visited the ashram. Generally, it had been a time of drought. But this summer had been rainy, and the entire property looked beautifully lush and rich.

About forty people gathered to take part in a one-week Integral Yoga Retreat during which Gurudev spoke each evening. During the day Swami Nityananda, Arjuna Schulenberg, Sita Ruberto and other Integral Yoga teachers gave classes. The retreatants posed excellent questions during the evening program. One asked, "Do we have to become totally pure to experience the Self?" Gurudev replied, "No. If you get a little pure, you experience a glimpse of the Self. It's like cleaning or polishing a stone. If you polish a little section, that section will shine. As you keep

polishing and cleaning, more and more will shine. Don't wait for the one hundred percent. Do your practices now and you'll get a glimpse, a taste. Then when you get the glimpse, you'll feel encouraged to become more pure."

As part of the answer to a question about prayer, Gurudev said, "The secret significance of prayer is that you slowly dissolve the ego. It puts you in a receptive mood, a humble mood and then you can receive a higher knowledge or guidance from higher sources. Sincere prayer helps you to clean your mind."

A new addition to ashram life in Australia has been the establishment of the Ontos Healing Center. Dr. Dhanwantari Oyao and his wife, Damayanti Oyao, are directing the Center which offers a residential holistic health care program. Dr. Dhanwantari – whose name was given to him by Gurudev and means "the Divine Physician" – is a chiropractor and a certified polarity therapist. He is also an expert in herbology and nutrition. His wife, Damayanti, has her Master's Degree in Public Health and is also a nutritionist and child birth coach. Patients come from Melbourne and other cities to spend a week or several months in their care.

The Healing Retreat Center brought Daya Marcus all the way from America to stay for three months as a consultant to set up various programs and to do promotional work. During her stay, Daya also organized Gurudev's programs throughout Australia, including interviews with the media – among them the newspaper in Bairnsdale.

One day there was an accident involving two ashram boys. Dr. Dhanwantari was driving his car and suddenly saw Ramdas, one of the boys, driving his motorbike fast around the bend. Dr. Dhanwantari swerved to miss him and luckily avoided a head-on collision. Still, Ramdas' bike ran into the car; and he and Govinda, his passenger, were thrown off the bike. Ramdas appeared to be seriously injured. Daya Marcus came running to Gurudev's residence to inform him of the accident. She told him the ambulance was

on the way, but that it might take up to an hour since that was how far it was to the nearest city. Dr. Dhanwantari had diagnosed Ramdas as having broken ribs, a broken leg, and possibly internal bleeding. Govinda had a sprained ankle, but otherwise appeared to be all right.

Gurudev immediately came to the scene of the accident. Ramdas, who is thirteen years old, was covered with blankets and lying on the ground. Gurudev spoke some reassuring words to him and then placed his hands on Ramdas' head, chest and legs. He told Ramdas he would be okay. The ambulance finally came, and several hours later the news came that Ramdas was fine; he had just a few bumps and bruises but no broken bones.

Useful Work

On the 30th of January, Gurudev was to fly by private plane to Melbourne. A fog was rolling in, however, and Krishna was wondering if the plane, coming from Bairnsdale, would be able to land to pick Gurudev up. Gurudev said, "Okay, let's all sit down and wait and see." All the retreatants and staff sat down with Gurudev and he answered some last minute questions from them before the plane arrived. After he arrived in Melbourne, Gurudev took a short rest and then flew on to Tasmania, a lovely Australian island surrounded by the Tasman Sea. Bill and Elizabeth Crowther were Gurudev's gracious hosts. Bill had taken Teachers' Training last year at Yogaville, Australia and was delighted with the opportunity of bringing Gurudev to Tasmania for his first visit there. It had been raining for weeks, but on Gurudev's arrival the sun was shining brightly, and he was able to enjoy lovely scenic drives around the island. From Mt. Nelson and Mt. Wellington, the panoramic views were beautiful. Gurudev opened his public lecture on February 1st, announcing, "I fell in love with Tasmania. It is a beautiful, beautiful island."

Bill and Elizabeth had been concerned that there would be a low turnout for the lecture due to the small size of the city of

Hobart. However, to their surprise, the hall was completely filled with over one hundred and fifty people.

Father Kilby, a Roman Catholic priest who was a close friend of the Crowthers, kindly hosted Gurudev for a tour of several of the social service areas where the church is involved in Tasmania. One was the St. Joseph Center, where families in conflict are able to come to live and get help working out their problems. Gurudev went into several of the residences to meet the family members. One man, who had an interest in eastern philosophy, was especially delighted to meet him. When Gurudev asked this man what his skills were and what he was doing, the man told him he was a musician. Gurudev asked him if he had been asked to do any work at the Center while he was living there. The man explained that the Center took care of him and his family for free and that he was not expected to do anything in return. Gurudev suggested to Father Kilby that each of the residents, whether they were there for just a few days or a few months, should be given some kind of work to do. Addressing himself to the residents, Gurudev said, "You should do some work here, even a little gardening or whatever they give you. Put your hands into some useful work. That way you will feel useful and happy. You will not be only on the receiving end, and you will not become a debtor. They are doing a lot for you. Give back a little." The musician, as well as Father Kilby, seemed very pleased by Gurudev's suggestion.

As Gurudev was leaving the Center, a five-year-old boy who was living there came up to Gurudev and asked him, "Are you a king?" He then insisted on bringing Gurudev into his house to meet his whole family.

Next, Gurudev visited with the Wilson Training Center, a free vocational training school for unemployed people. It offers courses in skills ranging from secretarial to concrete work. Father Kilby also accompanied Gurudev to the residence of the Archbishop of Tasmania. Although the Archbishop had been called out of



Monsignor Green (l.) and Father Kilby meet with Sri Gurudev in Tasmania.

town, he had arranged for Monsignor Green to meet Gurudev on his behalf. The Monsignor had read much literature about Gurudev's work and was interested in all areas of his service – including his audience with Pope Paul VI and Pope John Paul II, as well as all his ecumenical work. The Monsignor was also fascinated by Gurudev's visit to Russia and by his work with young people in America.

The feeling of universal brotherhood was strongly experienced in the small chapel where Monsignor Green asked Gurudev to lead him and Father Kilby in a small prayer. Gurudev prayed for peace in the world and for the furtherance of the spirit of brotherhood and religious unity. Then, Gurudev asked the Monsignor to offer a prayer. The Monsignor also offered words of thanks for this very enlightening and inspiring hour. He walked Gurudev to the car and continued to wave until the car was out of sight.

Ancient and Modern

On February 2nd, Gurudev went to visit the Raja Yoga Center of Tasmania. The Center is run by the Brahmakumaris.

As Gurudev so often says, no matter where he travels the Brahmakumaris always find him and shower him with their special love and hospitality. Heartfelt thanks to Bill and Elizabeth Crowther, Rasmi, Father Kilby, and the Brahmakumaris.

On the 3rd of February, Gurudev flew back to Melbourne where he was taken to the home of Mrs. Elda Viagi, who had kindly offered her lovely house for Gurudev's use. On the 4th of February, Gurudev was interviewed by the *Melbourne Weekly*, which is published by Australia's main newspaper, *The Age*. This interview with Gurudev was the first of a two-part series. The second part was a feature on the remarkable program held that evening. The dialogue, entitled "Ancient Wisdom, Modern Medicine," featured Gurudev, Dr. Avni Sali, and Dr. Ian Gawler.

Dr. Ian Gawler was a practicing veterinarian until he contracted acute cancer and was told he only had two months to live. He cured himself through alternative health and healing practices and meditation. He is now recognized as a leading authority on that subject throughout

Australia. Dr. Sali is a senior surgeon at the Melbourne Hospital. He and his department have been studying the effects of meditation and relaxation techniques on cancer and heart disease.

Over 900 people packed into the town hall to listen to these three experts. After each of the speakers had given his presentation there was a small break, and then a question and answer period. It was fantastic to see the sincere questions pour in from people who were suffering from cancer or other problems, and who wanted to know more about meditation and other natural approaches to health care. After the talk, the Yogaville book table was completely sold out and the staff members were flooded with questions about the Ontos Healing Retreat Center. Both the new Integral Yoga Teaching Center in Melbourne (run by Sita and Rama Ruberto) and the new Teaching Center in Mt. Eliza (run by Arjuna and Subhadra Schulenberg) continually received telephones calls about Hatha Yoga classes from people who had attended the lec-

ture. Due to the great interest in yoga, Gurudev consented to hold another public lecture in Melbourne when he returned from his trip to Perth.

Youngest Yogi

On the 6th of February, Gurudev flew to Perth, which is on the western coast of Australia. His hosts were the devotees of Sri Swami Venkatesanandaji Maharaj. They continue the work of Sri Swami Venkatesananda under the name of the Sivananda Ashram and the Beacon Yoga Center. These dedicated students are teaching yoga classes, having retreats, and publishing books.

Swami Hamsa, Janaki, and David had organized a retreat for Gurudev with evening lectures open to the public. The response was overwhelming, and every night the hall was filled. The many new people seemed sincerely interested in the yoga teachings and returned every evening for three nights.

For the more senior devotees, Gurudev's visit was a reinspiration, a reminder



Members of the Sivananda Ashram in Perth gather for a visit with Sri Gurudev.



The "youngest yogi," Gerta Stanislawski gets some advice from her guru.

of Swami Venkatesanandaji's teachings and lessons. One devotee confided, "I'm so grateful to Swami Satchidanandaji, and grateful that he was able to come and give us this time. I really needed the reminder. The mind tends to get a bit lazy, and he certainly helped to put me back on the right track. We all hope he will be able to come back here on a regular basis." The ashramites especially felt Gurudev's loving care showered on them, and Gurudev told them, "I wish I had time to be able to stay here more." As their beloved "uncle," Gurudev suggested various practical improvements for the ashram's grounds and buildings. One suggestion concerned the lovely statue of Sri Swami Venkatesanandaji which was on the ashram's front lawn. Gurudev encouraged the ashramites to build a nice canopy to shield the statue from the weather, adding that they also should make a daily offering of flowers.

During the stay in Perth, Gurudev's meals were loving prepared by Mrs. Thambirajah and her daughter, Prakash.

They have known Gurudev since the 1950s, when he was in Sri Lanka. Janaki, who was Swami Venkatesanandaji's cook, also cooked some nice South Indian dishes for Gurudev. She had good experience cooking these dishes since Swami Venkatesanandaji came from South India.

The ashramites also took Gurudev for several walks on the beach where he enjoyed wading in the Indian Ocean. As he walked along the beach, he stopped to look at the waves, which were quite turbulent and commented, "Once a great South Indian saint asked, 'How is it that the ocean is able to be contained within its boundaries? For even a lake we often have to build a dike to contain it, but the ocean doesn't fall out or go beyond its boundaries even as the earth rotates. If God can control the waters of the ocean, why can't He help me control this monkey-like mind?'"

The ashramites presented Gurudev with a hard-cover set of the new books on Swami Sivananda and a donation to the LOTUS. We thank them for their love and

continuing their master's work.

On the 10th of February, Gurudev flew from Perth back to Melbourne, but he made one stop in Adelaide on his way. There, his "youngest devotee," as he likes to call her, was waiting to spend a precious few hours with Gurudev in the transit lounge of the airport. Gerta Stanislawski, who is now in her late eighties, had waited the entire year to be able to see her beloved Gurudev once again. He asked Gerta about her health, and she looked at him accusingly, saying, "Don't you know I'm still teaching my yoga classes?" Gurudev replied, "That's why I call you my youngest yogi."

Also at the airport were Margaret Jenkins, another yoga teacher in Adelaide and a very close friend of Gerta; Swami Mantramurti and several of the other Satyananda Ashram swamis. Gerta, who is Russian by birth, was fascinated by Gurudev's visit to the Soviet Union. When Gurudev spoke some of the Russian words he had learned, she was especially delighted, since – as she often told Gurudev – each day she sits in her special yoga corner and speaks to him in Russian. "I knew you understood," she exclaimed.



What You Believe

The following evening Gurudev gave a public lecture in the Melbourne town hall.

questions and answers. A woman sitting in the front row asked, "Is an atheist doomed?" "That's a beautiful question," Gurudev answered, "I would ask you, what is an atheist?"

The questioner replied, "Someone who doesn't believe in God."

"So, you don't believe in God?"

"No," she replied. "Well, that's good," Gurudev said. "Then you must know what God is or else how could you not believe in God? You must know what something is in order to deny it. If you say, 'I do not believe in roses,' you should know what a rose is." Gurudev then explained that he had had the same conversation with some Soviets during his trip to Russia. "When asked what it is that the atheist doesn't believe in, the response is usually that what is not believed in are the outer forms or rituals. But in essence we all believe in love, in peace, in friendship, in happiness, in brotherhood. That is religion and that is what we believe in. Going to church doesn't make you a believer or a religious person. *How* you live your life is more important. Lead a clean and pure life."

The following evening, the 12th of February, the Australian devotees held their first LOTUS dinner. Over seventy people came to hear Gurudev speak and to enjoy an Indian feast. The program was held at the Mt. Eliza Integral Yoga Teaching Center, which is directed by Arjuna and Subhadra Schulenberg. It was a wonderful evening thanks to the efforts of our Australian brothers and sisters. At the end of the dinner a small farewell party and an exchange of gifts was given to Swami Nityananda who was leaving to return to the United States after four years of serving in Australia.

On the 13th of February, Gurudev gave a talk on "The Path of Integral Yoga" at the Melbourne Theosophical Society. He had been invited by Mr. Wagner – the president of that branch of the Society – who had met Gurudev in Tasmania. After having heard him speak there, Mr. Wagner insisted that he come to address

the Theosophical Society. The talk was held in the Society's main auditorium, which was filled with an overflow audience. Gurudev explained that he was very happy to address the students of the Theosophical Society because of his long association with the Society. Even in India Gurudev has addressed Theosophical Society members. Gurudev explained that the aim of the Society is the same as the goal of yoga.

On the 14th of February, Gurudev flew to Torquay for a lunch at the home of devotees Lakshmi and Narayana Burgess and their children, Krishna and Sri Devi. After lunch Gurudev flew on to Bairnsdale to give a talk at the Brec Centre. It was the first time that many of the local people had heard of Gurudev or of the ashram. Many came out of curiosity or because they had just read the interview with Gurudev in the local newspaper, but no one walked out of the talk. After two and a half hours they were still enjoying Gurudev's inspiring words.

On the 15th of February, the Reverend Krishna Yogi joined Gurudev to fly by private plane to Sydney, Australia. En route to Sydney they decided to make a slight detour in order to fly over the Yogaville ashram. Krishna took aerial video footage of the entire property which is approximately 2,000 acres. It looked beautiful from the air. Two hours later, Gurudev arrived in Sydney where he was met by his host Mr. D.R. Karthikeyan, who is the Director of the Tea Board of India in Australia. The Tea Board is responsible for promoting Indian tea. Mrs. Anne Sharpen, who directs the Triad Yoga School and has known Gurudev for many years, was also there to greet him, as was her friend, Margaret.

Gurudev was invited to the Triad Yoga School on the morning of February the 16th to give a program to the students there. Anne, who is a former president of the International Yoga Teachers Association (IYTA) – of which Gurudev is an honorary patron – had hosted him at the Triad several times before. There at the Triad Gurudev had a reunion with several

other IYTA teachers, including Amoona Metcalfe, who is head of the Teachers Training Program for the IYTA; and Ingrid Weise who had come all the way from Canberra to hear him speak. He was also happy to meet Amoona's two daughters who are now yoga teachers and whom Amoona introduced as the "new generation of yoga teachers in Australia."

That evening Mr. Karthikeyan, in conjunction with the Indo-Australian Cultural Center, had organized a talk for Gurudev on the theme of "Integral Yoga, Path to Peace, Health and Happiness." Mr. Karthikeyan explained that the Indian community had become rather disenchanted and skeptical toward gurus since reading about Rajneesh in America. Mr. Karthikeyan was unsure what the response would be to the invitations the Center had sent out for the public talk. To their surprise, the hall was filled with Indians as well as Australians, all of whom sat completely spellbound by Gurudev's talk. We would like to thank Sri Krishna Yogi for making this trip to Australia possible and all the Australian friends and devotees who helped to host and make Gurudev's visit to Australia the success it was.

Light Giver

On the 17th of February, Gurudev flew from Sydney to Honolulu where he was greeted by longtime devotees the Aus, the Shis, and the Wiigs. Gurudev rested for two days in Honolulu, staying at the home of the Shis before embarking on his tour of the Hawaiian Islands. However, as soon as the Honolulu newspapers heard that Gurudev was in town, they immediately asked for interviews. In the morning Gurudev was interviewed by *The Honolulu Advertiser* and in the afternoon by *The Honolulu Star Bulletin*. Both papers ran beautiful articles and photographs about Gurudev's visit to Hawaii.

On the 19th of February, Gurudev flew to Maui as the guest of Alexandra Morrow and Barbara Farrow. He stayed at the Maui Tibetan Buddhist Dharma Center, which Barbara Farrow directs. Alexandra



The Honolulu LOTUS dinner.

Morrow hosted an afternoon tea and reception for Gurudev at her home. Kaveri and Bhagavan Buritz were the coordinators of Gurudev's Hawaiian Island tour and had organized a public talk which the Dharma Center co-sponsored. The theme of the Hawaiian Island tour was "Peace Is Within Our Reach." It was a very timely subject, especially because of the release of Gurudev's new book with the same title. Before the evening talk there were several musical offerings. Longtime devotees, Maithreya and Maloah Stillwater, had met Gurudev in Australia while they were still on their world tour. They were going to stay longer in Australia, but when they heard that he was flying to Hawaii, they cut short their plans in order to return to Maui in time for his talks.

They played their heavenly songs and there was also an offering of Indian music by a group among whom was a *sannyasin* ordained by Father Bede Griffiths.

On the 23rd of February, Gurudev flew to the Big Island of Hawaii where Kaveri and Bhagavan met him. They drove to a

vegetarian restaurant where some of the devotees hosted him to a special luncheon. Among them was a senior devotee, Andy, who was formerly the road manager of the Young Rascals, the popular singing group. Andy was happy to learn that Gurudev is still using the car that the Rascals had given him in the 1960s. That evening Gurudev gave a public lecture at the Aloha Theater. Over 400 people attended. Some familiar faces were there, including our own Gopal Coward and Parvathi Nguyen who are now living on the Big Island.

On the 24th, Gurudev returned to Honolulu. Here, the Rainbow Foundation, a non-profit organization that sponsors spiritual programs, had - with the assistance of Sundhari Wiig - organized a public talk for Gurudev. Rick Bernstein, a yoga teacher who has known Gurudev for many years, is the Director of the Foundation. He had arranged for the lecture to be held at the Unity Church in Honolulu, and the Church was totally filled that evening. Luckily there was outdoor seating available for the overflow

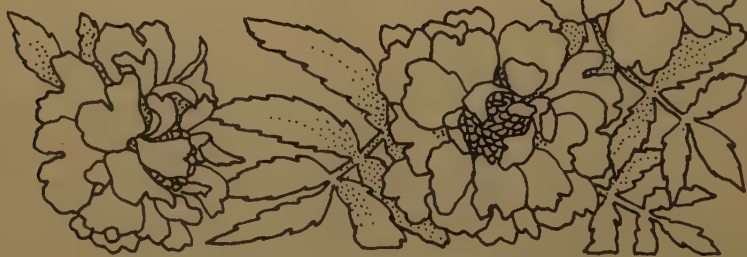
crowd. Sundhari had also organized Honolulu's first LOTUS dinner. It was held at the India House restaurant which is owned by Ram, a longtime Indian devotee of Gurudev. He presented a sumptuous Indian feast for the twenty guests who gathered.

While Gurudev was in Honolulu he went shopping with Rosana Shi. In one shop they spotted a lovely small Chinese dragon that Gurudev felt would be perfect for the All Faiths Hall in the LOTUS. Rosana bought the dragon and presented it to him for LOTUS. Later when Gurudev showed it to Peter, Rosana's husband, Peter remarked, "Do you know what these Chinese letters on the bottom of the statue say? They say, 'Light Giver.'"

"That's why it's coming to the LOTUS," Gurudev said simply.

Infinite thanks to Kaveri and Bhagavan Buritz, Mr. and Mrs. Peter Shi, Alexandra Morrow, Barbara Farrow, Jeanne and Sundhari Wiig, Mr. and Mrs. Steve Au, and all of the Hawaiian friends for making this Hawaiian tour so fruitful and enjoyable.

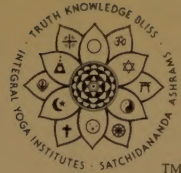
Swami Premananda Ma



CORRECTION

In our last issue of *Integral Yoga Magazine*, we erroneously stated that Sri Swami Chidbhavanandaji Maharaj was born in Chettipalayam. Fortunately, Sri Gurudev immediately caught the error and gave us the correct information. The correct story is: Sri Swami Chidbhavanandaji was born on the 11th of March, 1898, to a traditional agriculturist family in a small village called Senguttaipalayam in the Coimbatore district of Tamil Nadu.

We deeply regret this mistake.



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Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Swami Satgurunand
B.